

THE OXFORD DEMOCRAT.

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NUMBER 33

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This kind of work promptly attended.

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5 room, 1-2 story house, painted and in good repair, with 1 acre of land, located in South Paris. Price \$1,500.

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Special Sale
On Tennis
for Men, Women and Children
Also Special Sale
on Men's Shoes
that were \$6.50, now \$4.50.
Come in and see same. Better buys than you had at your dollar day.

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All kinds cemetery work promptly attended. Lettering, resetting and cleaning monuments.

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Barre, Vt., granite, Westerly, R. I., granite, Quincy, Mass., granite, Scotch Red Granite and Vermont and Italian marble.

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Air Friction Carburetors, 7 day free trial
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Every repair job guaranteed satisfactory.

GENERAL REPAIR WORK

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Nash and Ford Parts
Nash Leads the World in Motor Car Values.



-And NAPOLEON said, "There are no ALPS?" Then he marched his army right over them, as if they were not there. AN ALP That's the spirit that creates large bank balances. Some people say they just have to spend all their money to live. Others say there are no difficulties big enough to keep a good man down and then they "march over the mountains" to the receiving window. SAY INSIDE

Norway National Bank
Norway, Maine

The Aspirin Situation

Don't Be Deceived

Aspirin advertisements being run by those who seek to discredit all Aspirin Tablets except those made by them.

The Facts Are

that we regularly handle large quantities of Aspirin U. D. Co. Tablets that we know are Pure and Genuine. They are rigidly tested by first-class chemists and are put out by a firm of the very highest standing, the United Drug Company of Boston.

The Aspirin patent expired in 1917 and any one can now make Aspirin and sell it under that name.

Aspirin U. D. Co. Tablets are put up in packages of 12's, 24's, 100's. The price is moderate, for there is no profiteering in United Drug Co. business methods.

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A FULL STOCK OF
SUMMER FURNISHINGS

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We still have **Plants** for a late garden

Geraniums, Asters, Phlox, Zinnias, Snap Dragons, etc.

Also a few Tomatoes, Cabbage and Cauliflower Plants

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Inquire of Walter L. Gray.

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Having bought the trucking business of Carroll Peiley, I am ready for all kinds of work in the line of trucking and general jobbing. Look for the white horse.

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YERNAL EDWARDS,
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AMONG THE FARMERS.

"SPEED THE FLOW."

The Farmer.

No such day as this have I, my son! It's only rain, or the wind and snow, and only cold.

No such day as this have I, my son! And only the rain, or the wind and snow, and only cold.

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No such day as this have I, my son! And only the rain, or the wind and snow, and only cold.

No such day as this have I, my son! And



SAFE DEPOSIT BOXES

We have just installed 64 new safe deposit boxes which rent for \$3.00 per year. Can you afford to be without a box?

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BRANCH BANK AT BUCKFIELD, ME.
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Your closest inspection of the

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The Truck line is complete from the 1500 Speed Truck to the 5 Ton Truck.

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Look for the "Clock in the steeple."

CASTORIA for infants and children. Bears the Signature of *Jack Hutchins*. The King "V" Always Bought

HOMEKMAKERS' COLUMN.

Correspondence on topics of interest to the ladies is solicited. Address: Editor HOMEKMAKERS' COLUMN, Oxford Demarest, South Paris, Me.

What to Eat and How to Market.

(By Margaret M. Lukes, Correspondent of the *Journal*)

As a general principle the things that are in season should largely furnish our foodstuffs. This is true for several reasons, chiefly because the foods that are in season are most ready for consumption, are in season, costing less than those that are cheaper than foodstuffs out of season. This is particularly true in the case of fruits and garden vegetables.

In the winter months, however, not only is the price of the labor of putting it up in containers, but it is much healthier, and makes a stronger appeal to the appetite, besides furnishing the body with vitamins found only in fresh, uncooked fruits.

With fruits one may begin with the citrus, oranges, grapefruits and lemons, in the winter months, followed by early strawberries, rhubarb, gooseberries, raspberries, and blackberries, on into the season-for ripe peaches, pears, plums and melons, with apples and pears in the year around.

Jams, jellies, preserves, conserves with other knockbacks and sweets, are, of course, also to have in the house to put on the table, now and then, "for company." But it is not for everyday use, one is to retain a healthy, capable and willing stomach.

What is true of fruit holds true in regard to fresh vegetables, which come in the winter months, followed by the summer, with the soil and almost the morning dew on them. Who of us have not felt a renewal of energy with the eating of well-cooked early asparagus, beans, peas, carrots, beans, onions, beets, fresh green onions and blushing young radishes? Why it "makes the mouth water" to think of them, even.

And the taste of the meal can be made from these same vegetables, and what salads! A bit of lettuce, half of a ripe tomato, with a little oil, and one has an appetizing salad at once. Too much cannot be said of the pleasant use of green salads, always providing vinegar in very sparingly. It is hard to the average person, without adding to nourishment.

As a general rule, I think we may consider them as somewhat—in season and out of season. This is certainly true of oysters and some fish and game. In general, fresh meats are more relished than those that are dried, salted or pickled kinds, and the fresh steak or roast undoubtedly imparts a greater stimulus, and that is usually what is sought after by the cook. Who would not say that fresh meat is less expensive than other meats, but in the long run, perhaps, it costs less for what it does.

In marketing, especially in hot weather, the large houses do more or less business in the bazaar, and the lack of personal experience in regard to bread buying. The crusty loaves, or rolls are always to be selected, and no partially-baked breads should be bought by.

The well-baked breads of all kinds, even in pastry, are far better for good digestion. And fresh, hot bread—yeast bread, especially—is to be avoided. It is best to have breads of day old. This, of course, does not apply to baking powder or date biscuits.

While speaking of foods, eating, and health, at this time of year, the ice-box becomes a great source of attraction. Aids from its daily going over and arrangement of foods contained in it, it should have a good, thorough cleaning, with some of the pipes often being necessary to clean between the "putting-in" of ice. The writer finds that filling it with one solid block keeps the ice from melting rapidly. A number of thicknesses of newspaper are to be used for insulation.

A word about drinking water is not amiss here. Iced water may seem very desirable when one is thirsty, but water which is far better for drinking purposes does not necessarily reduce the temperature of the stomach, and again one is not always sure of the purity of ice—it has been known to carry typhoid. A word to the wise, etc.

At this time of year, it is suggested that a written list of things to be purchased helps both the shopkeeper, whose time is valuable, and the shopper, before she goes to the store, to know what for the day is forgotten. In case she has the housewife cannot go daily to market, perhaps on certain days she can arrange to go and buy the supplies for several days, and go shopping in staples and things that can be kept longer.

But the important thing is to make permanent inspection of the purchases. It pays financially and in general health.

It was two days later, just as the winter sun was setting, that Kath-

That Sweetheart Booth

BY MARGARET M. LUKES

© 1922, by McClure, Phillips Syndicate

Kathleen Hayes had just entered her room and stood there in the dark for a breathless moment before she struck a match. Then in the sudden glare of sunlight her eyes darted to theureau. They traveled furtively to the little table in the center of the room. Kathleen gave a deep sigh and threw herself down on the bed.

"There was a fairy there," she said.

"I have a sweetheart," she said.

"What's that?" asked Kathleen.

"It's a boy," she said.

"Is he a baby?" asked Kathleen.

"No, he's a man," she said.

"Is he tall?" asked Kathleen.

"Yes, he's tall," she said.

"Is he strong?" asked Kathleen.

"Yes, he's strong," she said.

"Is he good?" asked Kathleen.

"Yes, he's good," she said.

"Is he kind?" asked Kathleen.

"Yes, he's kind," she said.

"Is he good-looking?" asked Kathleen.

"Yes, he's good-looking," she said.

"Is he good?" asked Kathleen.

"Yes, he's good," she said.

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